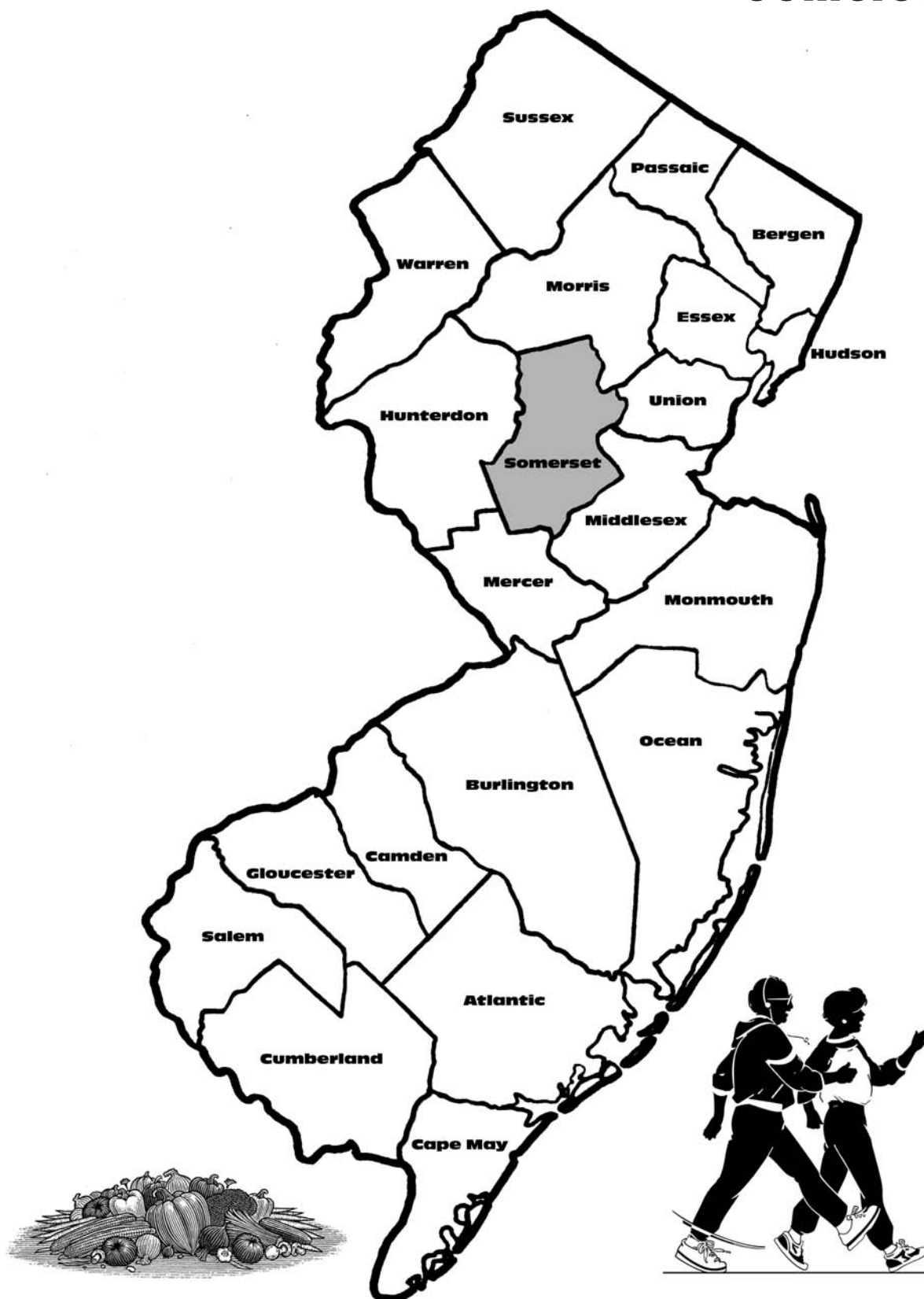









## Somerset County







## SOMERSET COUNTY Nutrition Programs







<b>Program Name:</b>	<b>Eat Well, Feel Great!</b>
<b>Agency/Institution:</b>	<b>Somerset Hills YMCA</b>
<b>Address:</b>	<b>140 Mount Airy Road, Basking Ridge, NJ 07920</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-630-3502</b>
<b>Website:</b>	<b>www.somersetillsymca.org</b>
<b>Focus:</b>	<b>To promote healthy eating</b>
<b>Services:</b>	     <b>Services vary by program</b>
<b>Population served:</b>	<b>Varies by program</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Agency/Institution:</b>	<b>Bernards Township Health Department</b>
<b>Address:</b>	<b>262 S. Finley Avenue, Basking Ridge, NJ 07920</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-204-2522</b>
<b>Focus:</b>	<b>We offer many (one-session only) nutrition programs/workshops on a variety of topics such as heart health, bone health, and women's health.</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Adults, seniors, families</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





## SOMERSET COUNTY Nutrition Programs





<b>Program Name:</b>	<b>Hospital Cafeteria Food</b>
<b>Agency/Institution:</b>	<b>Somerset Medical Center</b>
<b>Address:</b>	<b>110 Rehill Avenue, Somerville, NJ 08875</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-685-2589</b>
<b>Website:</b>	<b>www.somersetmedicalcenter.com</b>
<b>Focus:</b>	<b>To increase awareness of healthy choices in cafeteria food, increase knowledge on serving sizes, portion control, calories, and fat content in various foods</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>Ages 20+</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>ProKIDS-Nutrition and Fitness</b>
<b>Agency/Institution:</b>	<b>Somerset Medical Center</b>
<b>Address:</b>	<b>110 Rehill Avenue, Somerville, NJ 08876</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-595-2606</b>
<b>Website:</b>	<b>www.somersetmedicalcenter.com</b>
<b>Focus:</b>	<b>To promote healthy eating</b>
<b>Services:</b>	     
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Grants</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)


# SOMERSET COUNTY Nutrition Programs



<b>Program Name:</b>	<b>Healthy Dining Out</b>
<b>Agency/Institution:</b>	<b>Somerset Medical Center</b>
<b>Address:</b>	<b>110 Rehill Avenue, Somerville, NJ 08876</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-595-2345</b>
<b>Website:</b>	<b>www.somersetmedicalcenter.com</b>
<b>Focus:</b>	<b>To promote healthy eating</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Ages 50+</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>Somerset County Office on Aging</b>
<b>Agency/Institution:</b>	<b>Nutrition Program for the Elderly</b>
<b>Address:</b>	<b>PO Box 3000, Somerville, NJ 08876</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>888-747-1122</b>
<b>Website:</b>	<b>www.co.somerset.nj.us</b>
<b>Focus:</b>	<b>The Somerset County Nutrition Program for the Elderly is committed to nourishing not only the physical body with food, but the mind and spirit as well by lessening isolation and providing a system that supports older adults' independence in the community to enhance their quality of life.</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>State, federal, county, client donations</b>
<b>Fees &amp; Charges:</b>	<b>None</b>





**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






# SOMERSET COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>ProKIDS-Nutrition and Fitness</b>
<b>Agency/Institution:</b>	<b>Somerset Medical Center</b>
<b>Address:</b>	<b>110 Rehill Avenue, Somerville, NJ 08876</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-595-2638</b>
<b>Website:</b>	<b>www.somersetmedicalcenter.com</b>
<b>Focus:</b>	<b>To promote health</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Grants</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>Healthy Bones</b>
<b>Agency/Institution:</b>	<b>Somerset Medical Center</b>
<b>Address:</b>	<b>110 Rehill Avenue, Somerville, NJ 08876</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-595-2345</b>
<b>Website:</b>	<b>www.somersetmedicalcenter.com</b>
<b>Focus:</b>	<b>To increase physical activity and prevention</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>Ages 50+</b>
<b>Funded by:</b>	<b>Grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

# SOMERSET COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Somerset County Wellness Program &amp; Senior Centers</b>
<b>Agency/Institution:</b>	<b>Somerset County Office on Aging</b>
<b>Address:</b>	<b>PO Box 3000, Somerville, NJ 08876</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>888-747-1122</b>
<b>Website:</b>	<b>www.co.somerset.nj.us</b>
<b>Focus:</b>	<b>Promote active lifestyles for older adults to maintain and improve their health, promote their independence and safety, delay premature institutionalization and empower older adults to make healthy decisions</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>Kinesis and Wellness Systems, Arts and Dance, Aquatics, Sports Classes and Leagues, Community Outreach-Seniors Programs</b>
<b>Agency/Institution:</b>	<b>Somerset Hills YMCA</b>
<b>Address:</b>	<b>140 Mount Airy Road, Basking Ridge, NJ 07920</b>
<b>County:</b>	<b>Somerset</b>
<b>Phone:</b>	<b>908-630-3502</b>
<b>Website:</b>	<b>www.somersethillsymca.org</b>
<b>Focus:</b>	<b>Promote physical fitness and give people a roadmap to meet their health goals</b>
<b>Services:</b>	     <b>Services vary by program</b>
<b>Population served:</b>	<b>Varies by program</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

## SOMERSET COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Active for Life</b>
<b>Agency/Institution:</b>	<b>American Cancer Society</b>
<b>Address:</b>	<b>669 Littleton Road, Parsippany, NJ 07054</b>
<b>County:</b>	<b>Morris</b>
<b>Phone:</b>	<b>1-800-227-2345</b>
<b>Website:</b>	<b>www.cancer.org</b>
<b>Focus:</b>	<b>Promote a physically active lifestyle</b>
<b>Population served:</b>	<b>Adults, work-site employees</b>
<b>Funded by:</b>	<b>Own funding, contributions</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>